

## **Dobutamine Stress Echocardiogram (Stress Echo)**

A Dobutamine stress Echo involves using a medication (Dobutamine) that stimulates your heart similar to the way exercise does, increasing your heart rate and the squeezing function of your heart. We will acquire images by placing a transducer on your chest that emits sound waves which bounce off the heart (Echocardiogram). This exam allows the physician to evaluate heart function, valve function, and the blood flow to your heart muscle.

### **Registration**

- Arrive 15 minutes before your exam to register

### **Exam preparation**

- Come fasting (no food or drink) 4 hours prior to your exam.
- Do not take Beta blocker medications 24 hours prior to your exam. (*Atenolol, Metoprolol, Toprol, Carvediolol, Coreg, Tenormin, Lopressor, Bystolic, Propranolol & Digoxin*)

### **During the exam**

- You will undress from the waist up and put on a gown.
- An IV line will be placed in your arm or hand.
- We will cleanse your chest with alcohol and place small patches (Electrodes) to record the electrical activity of your heart.
- The Sonographer will then take pictures of your heart with ultrasound. This involves placing a probe on certain areas of your chest. Gel is used to acquire the images.
- The nurse will then begin to administer the medication (Dobutamine) through the IV. The medication dose will increase every three minutes until we reach our target heart rate. If we are unable to reach your heart rate the nurse will administer another medication (Atropine) to give your heart rate a boost. It is normal to feel your heart pound while the drug is being given. Once your heart rate is reached we will stop the medication. It wears off very quickly.
- We will monitor your heart rate and blood pressure after the exam until it returns to normal.

### **After your exam**

- You can return to normal activity as soon as we finish the exam.
- Be sure to keep your follow up appointment to go over the results with your physician.

### **Exam results**

A cardiologist will interpret your exam and a report will be generated and sent to your referring physician. If you don't hear from your doctor within 1-2 days then you may contact them for the results.

### **Billing**

- Verify your coverage and financial responsibility with your insurance provider before your exam.
- The billing for this procedure will show as two separate charges, one for the procedure and one from the physician who interprets it.

### **Questions**

- If you have any questions please contact your providers office. For Dr. Haws please call 801.965.3695. For Dr. Brown please call 801.262.1771, select option 2, then ext. 123.